

US cites AFP chief for fight vs terror

By Ricardo Papa

THE US government has announced an Armed Forces of the Philippines (AFP) chief of staff Gen. Antonio Alano as the Legion of Merit award for his help in the fight against global terrorism.

The award was given despite reports that the US had reproached the Philippine government for not doing enough in fighting terrorism. Both Malacanan and the US Embassy denied there had been criticism of any kind.

The Legion of Merit is awarded through action of the US Congress for "exceptionally meritorious conduct in the performance of outstanding services" and carries with it the title of Commander.

Gen. Raimund B. Alano, chief of the US Armed Forces Joint Chiefs of Staff, presented the award to Alano in ceremonies in Washington D.C. on April 8.

The awarded Alano a graduate of West Point, the US military academy for playing "a pivotal role in furthering the outstanding military assistance between the people of the Philippines and the

United States, contributing greatly to regional security and stability in Southeast Asia."

Alano was also lauded for having "disrupted such issues as Operation Enduring Freedom/Philippines (AFP) humanitarian assistance and peacekeeping and (helping) establish the Philippines as a key contributor to regional security affairs."

Operation Enduring Freedom was launched by the US government to bring down al-Qaeda chief Osama bin Laden in Afghanistan after the attacks on the World Trade Center in New York and other US targets in 2001.

Alano was also credited with "successfully disrupting the terrorist Abu Sayyaf Group, which allegedly has links to the al Qaeda terrorist network." In process, the USF has around 400 fighters, a significant reduction from the more than 1,000 fighters at the height of the group's kidnapping activities in 2000.

The US government awards the Legion of Merit to other national chiefs of defense and armed forces "who have exceptionally performed their responsibilities and have served for a minimum seven or more years."

RP bars Japan cult members

THE BUREAU of Investigation has barred two suspected members of Japan's Aum Shinrikyo cult from entering the country for being security threats.

The doomsday cult gained notoriety in 1995 when some of its members released deadly nerve gas into the Tokyo subway system, killing 12 people and injuring thousands.

Investigation Commissioner Alvaro Fernandez Jr. issued orders barring Isidro Alonzo and Frank Tanno on the grounds that after receiving reports from the Philippine Embassy in Tokyo of their scheduled visit to Manila, the bureau said in its statement.

Although the reports did not indicate that these two cult members planned to carry out terrorist attacks in Manila, the government cannot take chances by allowing the entry of alien who are considered threats to nat-

ional peace and security," Fernandez said.

The statement said Alonzo and Tanno had previously visited Manila.

The doomsday cult is still a threat to security, using businessmen to expand its membership and recruiting faithful to its convicted guru's violent teachings, the Japanese government said in its report Friday.

Believers of Aum Shinrikyo, whose former leader, Shoko Asahara, was sentenced to death in February, have set up more than 10 computer networks, including computer software makers, the Public Security Information Agency report said.

The cult, which changed its name to Aleph last January under close surveillance by Japanese authorities, said the businessmen were intended to raise funds to compensate victims of its subway gasping and other violence. —AP

SAVE UP TO P21,400 SUPER FAT BURNERS



Aerobics included.

FREE

on all programmes

P40

PER DAY on Full Enrollment

NO MONTHLY DUES.
NO JOINING FEES.



Plus **5 FREE**
PERSONAL TRAINING
First 25 in each center.

LIFETIME MEMBERSHIPS
0% INTEREST
ON DEFERRED PAYMENT PLAN

FACE & COSMETIC CENTERS

LOSE your wrinkles in 30 minutes with **BOTOX**

- Ultrasound & Radiofrequency
- Facial & Body Scrubs
- Custom Acne Treatment
- Laser Hair Removal
- Body Wrapping
- Hydroacid Peel
- Hair Removal

FREE BLEACHING CAPSULES
FREE CONSULTATION
with our licensed cosmetologist



SKIN HOTLINE 887-1331
CELLPHONE 09164099312



SLIMMERS WORLD



FITNESS HOTLINE
887-3533
CELLPHONE
09178984744

CALL US:

www.slimmersworld.com.ph

inquire@slimmersworld.com.ph

| | | | | | | | | | | | | |
|--|---|---|--|---|---|--|--|--|---|--|---|---|
| ALABANG Luzon Rd. 2nd Fl. 02-822-3533 090-4490 | BOHOL M. T. 2nd Fl. 034-222-3533 090-4490 | CAJOCAN M. T. 2nd Fl. 034-222-3533 090-4490 | CEBU M. T. 2nd Fl. 034-222-3533 090-4490 | GREENHILL M. T. 2nd Fl. 034-222-3533 090-4490 | LEGASPI VILL. M. T. 2nd Fl. 034-222-3533 090-4490 | MANILA M. T. 2nd Fl. 034-222-3533 090-4490 | MIGUEL M. T. 2nd Fl. 034-222-3533 090-4490 | PLAYA ROME M. T. 2nd Fl. 034-222-3533 090-4490 | PSG M. T. 2nd Fl. 034-222-3533 090-4490 | SM NORTH M. T. 2nd Fl. 034-222-3533 090-4490 | SUBIC M. T. 2nd Fl. 034-222-3533 090-4490 | TAGAYORAN M. T. 2nd Fl. 034-222-3533 090-4490 |
|--|---|---|--|---|---|--|--|--|---|--|---|---|

SKIN CENTER ALABANG 7777777777 BOHOL 7777777777 CAJOCAN 7777777777 CEPU 7777777777 GREENHILL 7777777777 LEGASPI VILL. 7777777777 MANILA 7777777777 MIGUEL 7777777777 PLAYA ROME 7777777777 PSG 7777777777 SM NORTH 7777777777 SUBIC 7777777777 TAGAYORAN 7777777777

Journalists vow to care for their own

OFFICE EQUIPMENT



WORKING: A group of journalists from the Philippine Working Journalists, the National Union of Journalists of the Philippines (NUJP) held recently held its 4th National Congress and election of new officers.

"The composition of the new national executive reflects the NUJP's desire to involve journalists from the provinces in the struggle for press freedom and to promote rights," said Jolly Dapina Remon, national director of Cebu-based NUJP.

The congress, held April 21 at the 500-seat auditorium in Quezon City, was attended by representatives of 35 NUJP chapters from all over the country. The chapter representatives elected a 38-member executive committee, which will meet in May.

Since 1988, 51 Philippine journalists have been killed, according to a compilation by the NUJP and the Center for Media Freedom and Responsibility. A Bulletin Board for Journalists (BBJ) journal says, "The killing of journalists is a crime against humanity, and the killing of journalists is a crime against humanity." The BBJ journal says, "The killing of journalists is a crime against humanity, and the killing of journalists is a crime against humanity."

For your convenience, at affordable price.

HAND PALLET TRUCK
Lifting Cap: 2,000 to 3,000 lbs



PLATFORM TRUCK

JUSTIC CORPORATION

No. 99 Genarosa St., Marikina, Manila 1603
Tel. No. 242 2888 - 242 2877 - 242 2878

THE DAILY GOSPEL

Thursday, April 26, 2004

2nd Book of Isaiah

Leviticus

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

Isaiah

ARELLANO UNIVERSITY Institute of Nursing

2600 Legarda St., Sampaloc, Manila, Philippines

BACHELOR OF SCIENCE IN NURSING

ADMISSION IS NOW GOING ON

- Established in 1949, one of the oldest nursing institutions in the country.
- Consistent in producing top members in the Licensure Examination for Nurses (NLE) since 1994: Overall 1st Place in 1995; Also 1st Place in 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 2681, 2682, 2683, 2684, 2685, 2686, 2687, 2688, 2689, 2690, 2691, 2692, 2693, 2694, 2695, 2696, 2697, 2698, 2699, 2700, 2701, 2702, 2703, 2704, 2705, 2706, 2707, 2708, 2709, 2710, 2711, 2712, 2713, 2714, 2715, 2716, 2717, 2718, 2719, 2720, 2721, 2722, 2723, 2724, 2725, 2726, 2727, 2728, 2729, 2730, 2731, 2732, 2733, 2734, 2735, 2736, 2737, 2738, 2739, 2740, 2741, 2742, 2743, 2744, 2745, 2746, 2747, 2748, 2749, 2750, 2751, 2752, 2753, 2754, 2755, 2756, 2757, 2758, 2759, 2760, 2761, 2762, 2763, 2764, 2765, 2766, 2767, 2768, 2769, 2770, 2771, 2772, 2773, 2774, 2775, 2776, 2777, 2778, 2779, 2780, 2781, 2782, 2783, 2784, 2785, 2786, 2787, 2788, 2789, 2790, 2791, 2792, 2793, 2794, 2795, 2796, 2797, 2798, 2799, 2800, 2801, 2802, 2803, 2804, 2805, 2806, 2807, 2808, 2809, 2810, 2811, 2812, 2813, 2814, 2815, 2816, 2817, 2818, 2819, 2820, 2821, 2822, 2823, 2824, 2825, 2826, 2827, 2828, 2829, 2830, 2831, 2832, 2833, 2834, 2835, 2836, 2837, 2838, 2839, 2840, 2841, 2842, 2843, 2844, 2845, 2846, 2847, 2848, 2849, 2850, 2851, 2852, 2853, 2854, 2855, 2856, 2857, 2858, 2859, 2860, 2861, 2862, 2863, 2864, 2865, 2866, 2867, 2868, 2869, 2870, 2871, 2872, 2873, 2874, 2875, 2876, 2877, 2878, 2879, 2880, 2881, 2882, 2883, 2884, 2885, 2886, 2887, 2888, 2889, 2890, 2891, 2892, 2893, 2894, 2895, 2896, 2897, 2898, 2899, 2900, 2901, 2902, 2903, 2904, 2905, 2906, 2907, 2908, 2909, 2910, 2911, 2912, 2913, 2914, 2915, 2916, 2917, 2918, 2919, 2920, 2921, 2922, 2923, 2924, 2925, 2926, 2927, 2928, 2929, 2930, 2931, 2932, 2933, 2934, 2935, 2936, 2937, 2938, 2939, 2940, 2941, 2942, 2943, 2944, 2945, 2946, 2947, 2948, 2949, 2950, 2951, 2952, 2953, 2954, 2955, 2956, 2957, 2958, 2959, 2960, 2961, 2962, 2963, 2964, 2965, 2966, 2967, 2968, 2969, 2970, 2971, 2972, 2973, 2974, 2975, 2976, 2977, 2978, 2979, 2980, 2981, 2982, 2983, 2984, 2985, 2986, 2987, 2988, 2989, 2990, 2991, 2992, 2993, 2994, 2995, 2996, 2997, 2998, 2999, 3000, 3001, 3002, 3003, 3004, 3005, 3006, 3007, 3008, 3009, 3010, 3011, 3012, 3013, 3014, 3015, 3016, 3017, 3018, 3019, 3020, 3021, 3022, 3023, 3024, 3025, 3026, 3027, 3028, 3029, 3030, 3031, 3032, 3033, 3034, 3035, 3036, 3037, 3038, 3039, 3040, 3041, 3042, 3043, 3044, 3045, 3046, 3047, 3048, 3049, 3050, 3051, 3052, 3053, 3054, 3055, 3056, 3057, 3058, 3059, 3060, 3061, 3062, 3063, 3064, 3065, 3066, 3067, 3068, 3069, 3070, 3071, 3072, 3073, 3074, 3075, 3076, 3077, 3078, 3079, 3080, 3081, 3082, 3083, 3084, 3085, 3086, 3087, 3088, 3089, 3090, 3091, 3092, 3093, 3094, 3095, 3096, 3097, 3098, 3099, 3100, 3101, 3102, 3103, 3104, 3105, 3106, 3107, 3108, 3109, 3110, 3111, 3112, 3113, 3114, 3115, 3116, 3117, 3118, 3119, 3120, 3121, 3122, 3123, 3124, 3125, 3126, 3127, 3128, 3129, 3130, 3131, 3132, 3133, 3134, 3135, 3136, 3137, 3138, 3139, 3140, 3141, 3142, 3143, 3144, 3145, 3146, 3147, 3148, 3149, 3150, 3151, 3152, 3153, 3154, 3155, 3156, 3157, 3158, 3159, 3160, 3161, 3162, 3163, 3164, 3165, 3166, 3167, 3168, 3169, 3170, 3171, 3172, 3173, 3174, 3175, 3176, 3177, 3178, 3179, 3180, 3181, 3182, 3183, 3184, 3185, 3186, 3187, 3188, 3189, 3190, 3191, 3192, 3193, 3194, 3195, 3196, 3197, 3198, 3199, 3200, 3201, 3202, 3203, 3204, 3205, 3206, 3207, 3208, 3209, 3210, 3211, 3212, 3213, 3214, 3215, 3216, 3217, 3218, 3219, 3220, 3221, 3222, 3223, 3224, 3225, 3226, 3227, 3228, 3229, 3230, 3231, 3232, 3233, 3234, 3235, 3236, 3237, 3238, 3239, 3240, 3241, 3242, 3243, 3244, 3245, 3246, 3247, 3248, 3249, 3250, 3251, 3252, 3253, 3254, 3255, 3256, 3257, 3258, 3259, 3260, 3261, 3262, 3263, 3264, 3265, 3266, 3267, 3268, 3269, 3270, 3271, 3272, 3273, 3274, 3275, 3276, 3277, 3278, 3279, 3280, 3281, 3282, 3283, 3284, 3285, 3286, 3287, 3288, 3289, 3290, 3291, 3292, 3293, 3294, 3295, 3296, 3297, 3298, 3299, 3300, 3301, 3302, 3303, 3304, 3305, 3306, 3307, 3308, 3309, 3310, 3311, 3312, 3313, 3314, 3315, 3316, 3317, 3318, 3319, 3320, 3321, 3322, 3323, 3324, 3325, 3326, 3327, 3328, 3329, 3330, 3331, 3332, 3333, 3334, 3335, 3336, 3337, 3338, 3339, 3340, 3341, 3342, 3343, 3344, 3345, 3346, 3347, 3348, 3349, 3350, 3351, 3352, 3353, 3354, 3355, 3356, 3357, 3358, 3359, 3360, 3361, 3362, 3363, 3364, 3365, 3366, 3367, 3368, 3369, 3370, 3371, 3372, 3373, 3374, 3375, 3376, 3377, 3378, 3379, 3380, 3381, 3382, 3383, 3384, 3385, 3386, 3387, 3388, 3389, 3390, 3391, 3392, 3393, 3394, 3395, 3396, 3397, 3398, 3399, 3400, 3401, 3402, 3403, 3404, 3405, 3406, 3407, 3408, 3409, 3410, 3411, 3412, 3413, 3414, 3415, 3416, 3417, 3418, 3419, 3420, 3421, 3422, 3423, 3424, 3425, 3426, 3427, 3428, 3429, 3430, 3431, 3432, 3433, 3434, 3435, 3436, 3437, 3438, 3439, 3440, 3441, 3442, 3443, 3444, 3445, 3446, 3447, 3448, 3449, 3450, 3451, 3452, 3453, 3454, 3455, 3456, 3457, 3458, 3459, 3460, 3461, 3462, 3463, 3464, 3465, 3466, 3

10 US soldiers killed in Iraq within 24 hours

BAGHDAD—Ten American soldiers were killed in separate attacks in Iraq in 24 hours, as a massive surge in the US military's offensive against the Islamic Republic of Iraq began. The US military confirmed a report by the US State Department that the US military had killed 10 soldiers in a day-long battle with Iraqi insurgents near the Baghdad suburb of Al-Dhikriya.

The US military confirmed a report by the US State Department that the US military had killed 10 soldiers in a day-long battle with Iraqi insurgents near the Baghdad suburb of Al-Dhikriya.

The US military confirmed a report by the US State Department that the US military had killed 10 soldiers in a day-long battle with Iraqi insurgents near the Baghdad suburb of Al-Dhikriya.

The US military confirmed a report by the US State Department that the US military had killed 10 soldiers in a day-long battle with Iraqi insurgents near the Baghdad suburb of Al-Dhikriya.

The US military confirmed a report by the US State Department that the US military had killed 10 soldiers in a day-long battle with Iraqi insurgents near the Baghdad suburb of Al-Dhikriya.

The US military confirmed a report by the US State Department that the US military had killed 10 soldiers in a day-long battle with Iraqi insurgents near the Baghdad suburb of Al-Dhikriya.

The US military confirmed a report by the US State Department that the US military had killed 10 soldiers in a day-long battle with Iraqi insurgents near the Baghdad suburb of Al-Dhikriya.

The US military confirmed a report by the US State Department that the US military had killed 10 soldiers in a day-long battle with Iraqi insurgents near the Baghdad suburb of Al-Dhikriya.

The US military confirmed a report by the US State Department that the US military had killed 10 soldiers in a day-long battle with Iraqi insurgents near the Baghdad suburb of Al-Dhikriya.

The US military confirmed a report by the US State Department that the US military had killed 10 soldiers in a day-long battle with Iraqi insurgents near the Baghdad suburb of Al-Dhikriya.



3 million worms aboard rocket heading for ISS

SARASOTA, Florida—Three million *Caenorhabditis elegans* worms were aboard the Russian rocket that headed toward the International Space Station (ISS) Monday, due to provide answers on how worms and humans react to space.

The worms, which are used in scientific studies, were aboard the rocket because the data collected on them is key to human space exploration.

The worms, which are used in scientific studies, were aboard the rocket because the data collected on them is key to human space exploration.

The worms, which are used in scientific studies, were aboard the rocket because the data collected on them is key to human space exploration.

The worms, which are used in scientific studies, were aboard the rocket because the data collected on them is key to human space exploration.

The worms, which are used in scientific studies, were aboard the rocket because the data collected on them is key to human space exploration.

PM orders Spanish troops out of Iraq

MADRID—Spain's Prime Minister Jose Luis Rodriguez Zapatero Monday ordered his country's troops to leave Iraq, saying that the country's constitution forbids it.

Zapatero said that the country's constitution forbids it, and that the country's constitution forbids it.

Zapatero said that the country's constitution forbids it, and that the country's constitution forbids it.

Zapatero said that the country's constitution forbids it, and that the country's constitution forbids it.

Zapatero said that the country's constitution forbids it, and that the country's constitution forbids it.

Zapatero said that the country's constitution forbids it, and that the country's constitution forbids it.

Study says thousands of innocents in US jails

A COMPREHENSIVE study of 128 criminal cases over the last 15 years in which the conviction was overturned suggested that there are thousands of innocent people in prison today.

The study, which was conducted by the American Civil Liberties Union, found that there are thousands of innocent people in prison today.

The study, which was conducted by the American Civil Liberties Union, found that there are thousands of innocent people in prison today.

The study, which was conducted by the American Civil Liberties Union, found that there are thousands of innocent people in prison today.

The study, which was conducted by the American Civil Liberties Union, found that there are thousands of innocent people in prison today.

The study, which was conducted by the American Civil Liberties Union, found that there are thousands of innocent people in prison today.

Kim in Beijing for talks

BEIJING—North Korean leader Kim Jong-il arrived in Beijing Monday for talks with Chinese President Hu Jintao.

Kim Jong-il arrived in Beijing Monday for talks with Chinese President Hu Jintao.



Kim Jong-il arrived in Beijing Monday for talks with Chinese President Hu Jintao.

Kim Jong-il arrived in Beijing Monday for talks with Chinese President Hu Jintao.

Bush to face what he dreads most—live news presscon

WASHINGTON—As Iraq's war continues, President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

Bush to face what he dreads most—live news presscon

WASHINGTON—As Iraq's war continues, President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

Bush to face what he dreads most—live news presscon

WASHINGTON—As Iraq's war continues, President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.

President George W. Bush will face a live news press conference on Tuesday, a move he has been known to dread.



JIMALDO Best Actor for 'Dagupan'



RODRIGUEZ 'Magpling' actress also



ALFAPIRAN For parents' thank for his best friend



MAGNINHE Enella huge another best actress award for 'Magdalena'

FAMAS AWARDS

Only winners showed up

By Hazel R. Cruz
Photos by Joe Ganan Pineda

THE FAMAS and other awards personalities who attended the 52nd Filipino Academy of Movie Arts and Sciences awards ceremony last Saturday night were also the ones who brought home the awards.

Among the winners announced, Jimbaldo J. de la Cruz (*'Dagupan'*) was the only film actor to present. Eventually, he was the second only Joel Linares (*'Magpling'*), 30 (*'Kamagong'*), Marlene (*'Dagupan'*) and Mark Miller (*'Soul of Happiness'*) and Mark Miller (*'Dagupan'*).

Best actor winner by Marlene (*'Dagupan'*) shared its glory in 1994. But best actress winner, Ana Rodriguez (*'Magpling'*) did not long live, for actress (*'Dagupan'*) and actress (*'Dagupan'*) and actress (*'Dagupan'*) and actress (*'Dagupan'*) were also present.

Among the producers of the year's best picture nominees, only Victoria Soriano of Victoria Soriano Productions was present. Her film, *'Magpling'* was the winner.

Exception

An exception to the rule was the best actress category. Ana Rodriguez (*'Magpling'*) and Ana Rodriguez (*'Magpling'*) were present but only the latter was one of the winners of the award. Ana Rodriguez (*'Magpling'*) was the winner.

"She's a very good actress," said the winner of the award. "She's a very good actress."

However, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.

But not, the winner of the award was not the only one to be present. Ana Rodriguez (*'Magpling'*) was the winner.



FORMER First Lady Imelda Marcos presents the Best Actress award to Ana Rodriguez for 'Magpling'. Presenting: Director De la Cruz, actress Rodriguez, Jim Miller, Marlene, FAMAS chair Robert Pineda and Soriano.



NEWCOMER Tara Garcia from a thing to her first performance in the FAMAS.



ACOUSTIC singer Rudy Fernandez performs on stage for his first FAMAS performance.



TH HOST and award recipient Ana Rodriguez is the night's most unforgettable face.



LAST year's FAMAS best actress, Garcia, is a very close number.



SEXY actress Julia Pineda performs on stage for her first FAMAS performance.



ACOUSTIC singer Rudy Fernandez performs on stage for his first FAMAS performance.



TH HOST and award recipient Ana Rodriguez is the night's most unforgettable face.

METROBRIEFS

Rob suspect slain

ONE OF the three robbery suspects who shot a hole through the head of PUSC 6000 pay-off money was killed by a security guard in a parking lot yesterday afternoon. Police said the suspect, who was believed to be the leader, was a former member of the Red Army. Police reported that the suspect was shot by a security guard in a parking lot in the morning. Police reported that the suspect was shot by a security guard in a parking lot in the morning. Police reported that the suspect was shot by a security guard in a parking lot in the morning.



FLASHFLOOD
A swollen Riverogue River flooded the area around the Manila City Hall, flooding the area around the Manila City Hall, flooding the area around the Manila City Hall.

Cases vs. Shell

AT PUSC 6000 pay-off money was killed by a security guard in a parking lot yesterday afternoon. Police said the suspect, who was believed to be the leader, was a former member of the Red Army. Police reported that the suspect was shot by a security guard in a parking lot in the morning. Police reported that the suspect was shot by a security guard in a parking lot in the morning. Police reported that the suspect was shot by a security guard in a parking lot in the morning.

Turn to cry foul

MAN IT'S in the news for the second time in a row. The first time was when it was accused of being a scam. The second time was when it was accused of being a scam. The second time was when it was accused of being a scam. The second time was when it was accused of being a scam.

Bench warrant vs. Gil

A MANILA judge has issued a bench warrant against the former Manila City Hall mayor for failing to appear at a court in a case involving a dispute over a piece of land. The judge said that the mayor had failed to appear at the court for a hearing on the case. The judge said that the mayor had failed to appear at the court for a hearing on the case.

Habitat to help rebuild Basco

PHILIPINES who lost their homes in a fire that raged in the town of Basco, Ilocos Norte, have been helped by Habitat for Humanity. The organization has provided them with temporary housing and financial assistance to help them rebuild their homes. The organization has provided them with temporary housing and financial assistance to help them rebuild their homes.

One-ticket system for MRT, LRT set

By Clarence S. Balboa

Traffic fines can now be paid in banks

By Margen Ortiz

TRAFFIC fines can now be paid in banks, according to a new regulation issued by the Department of Transportation and Communications. The regulation allows motorists to pay their traffic fines at any of the 15 banks that are part of the One-Ticket System. The regulation allows motorists to pay their traffic fines at any of the 15 banks that are part of the One-Ticket System.

THE DEPT. OF THE STREET, said, "The new regulation will allow motorists to pay their traffic fines at any of the 15 banks that are part of the One-Ticket System. The new regulation will allow motorists to pay their traffic fines at any of the 15 banks that are part of the One-Ticket System."

THE new regulation will allow motorists to pay their traffic fines at any of the 15 banks that are part of the One-Ticket System. The new regulation will allow motorists to pay their traffic fines at any of the 15 banks that are part of the One-Ticket System. The new regulation will allow motorists to pay their traffic fines at any of the 15 banks that are part of the One-Ticket System.

Dick Gordon's high sense of civic spirit

THE WINDING ROAD of the Philippine National Red Cross, led by Mayor Maricel Reyes, has been a long and arduous journey. The organization has been working to help the poor and the sick in the Philippines for many years. The organization has been working to help the poor and the sick in the Philippines for many years.

ON TARGET

REYNOLD TAGLE



THE way officials, concerned with the task of setting up and operating the Philippine National Red Cross, have been a long and arduous journey. The organization has been working to help the poor and the sick in the Philippines for many years. The organization has been working to help the poor and the sick in the Philippines for many years.

THE way officials, concerned with the task of setting up and operating the Philippine National Red Cross, have been a long and arduous journey. The organization has been working to help the poor and the sick in the Philippines for many years. The organization has been working to help the poor and the sick in the Philippines for many years.

BABANGON MULA ANG PILIPINAS, MANI WALA KA!

BRO. EDDIE VILLANUEVA
Biling Pangkatang Filipino

"At this critical juncture of our history our country needs a competent leader who can only be as ONE NATION, someone who does not have political debts to repay nor vested interests to protect. There is only one candidate who fits this description - And that is Bro. Eddie Villanueva!"

EDDIE VILLANUEVA
Former Co-Chair of Social Movement Planning and Action Committee
Former Mayor, Bataan Local 10
Cebu City Council Member

This ad is paid by Lina Realty

10

A celebration
of a beautiful view
/C2

LIFE STYLE

The Inquirer's new e-Paper (PDI) is now available at www.inquirer.ph/e-Paper

Editor: Chelsa Bernal-Fernandez

MONDAY ARTS • TUESDAY FITNESS • WEDNESDAY ISU • THURSDAY FOOD • FRIDAY HOME & FASHION • SUNDAY SURPRISES

Get a beauty makeover from a good workout

By Virginia Bago-Boyan

FOR Nike, a workout does not only make a woman physically fit but also enhances her looks.

The company's current ad campaign, simply called "Nike," aims to bring home the point that "makeover," "inner beauty" and "inner glow" are words associated with well-being. Yes, Nike says you want to look beautiful (you have to get on your feet and get physical), the "after effect" of your workout—whether it is a 10-minute run on the treadmill, a few laps in the swimming pool, aerobics, basketball, tennis, or even yoga—will help give you the look you want.

According to Nike, exercise helps you define whole features because, as you work out, your body releases endorphins, chemicals that create a happy feeling in the brain.

More positive

An exercise does not only help reduce weight, but also can be self-esteem and it even can's eliminate from negative thought patterns. Exercise not better it, but Nike says you always make a happy glow after a good workout.

"The more beauty is enhanced when you experience the energy she powers the exhilaration of your workout," says Cole Herman, man-

The aftereffects of a physical fitness routine will help give you the look you want



LIFE *S*TYLE

Aerobic-type activities five to six times a week
will trim jiggly upper limbs

Dare to bare—those arms

SLENDER arms and blouses are perfect allies for hot days that many women don't feel confident enough to bare their arms and shoulders. For some, it's because the arms are soft and flabby. Others have large upper arms and long, drooping blouses in spite of the best intentions of exercise.



FRANK JACOB

WELL AND GOOD

Well, the great news is, compared to the lower body, a woman's upper body requires much less muscle mass to move and stay in place. The biceps, triceps and thighs are more muscular because the fat stored there has hormonal and genetic "responsibility."

For a woman with chubby arms, a commitment to an aerobic-type of activity five to six times a week for 30 to 45 minutes per session, plus a careful eye on diet choices, will do the trick.

It doesn't matter if the activity like cycling or swimming, uses only the legs. The arms will still be reduced because it's burned from all over the body and not just in the area being exercised.

Plus, it's important to strengthen the triceps muscle on the back of the arms susceptible to jiggling. They will broaden your shoulders if they aren't toned up or just define them if that's all you need. They will also tone your face posture by moving the head-shoulder-neck.

If you want bigger muscles in your arms and shoulders because you have very thin arms and sloping narrow shoulders, like a weight that is heavy enough to make your arms be forced to lift 12 repetitions. Do more than one.

If you are satisfied with the size of your arms and shoulders but feel them flabby and lacking in definition, lift a weight lighter than what makes your muscles tired in 15 to 20 repetitions. Do one to three sets.

Details

The muscles of the shoulder are named by the Greek letter delta, which means triangle. The deltoid on each shoulder like a triangular shoulder pad, the anterior deltoid helps give shape to the chest and raises your arm forward, the middle deltoid gives the shoulder

arms width and raises your arm sideways, and the posterior deltoid draws the shoulder and arms back.

Biceps

These are the muscles in the front upper part of your arms. Biceps means two-headed muscle. The biceps don't need much work to keep them strong and tight because we use them frequently in everyday activities like

lifting a

